

# Adult Chair Volleyball

## Ages 55 and Up

A program designed for recreational volleyball play will be held for adults. Chair volleyball is intended to reduce stress and boost self-esteem and confidence in individuals who are not able to play standard volleyball. All participants must pre-register prior to attending. Registration can be done online, mail-in or in the office. This is a non-competitive, social program. All required supplies (nets, chairs and balls) will be provided. Participants will be required to follow all federal, state and local COVID-19 protocols.

**Dates: Thursdays, January 27, 2022 - April 28, 2022**

*No program on April 14, 2022*

**Time: 9:00 - 11:00 AM**

**Location: Enfield Annex (124 North Maple Street)**

**Fee: \$12.00 Residents / \$15.00 Non-Residents**

**- Online Registration Begins -**

**Residents:** Thursday, January 20th

**Non-Residents:** Monday, January 24th

*If you wish to register in person, please come to the office  
during normal business hours M-F, 8AM - 4PM.*

Enfield Recreation | 124 North Maple Street  
860.253.6420 | [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)

